Information Package for Users of the New Zealand Estimated Food Costs 2016

Information collated by
the Department of Human Nutrition, University of Otago

Introduction

Since the 1970s, the Department of Human Nutrition (previously Home Science Extension with the School of Home Science) at the University of Otago has conducted an annual Food Cost Survey. The Food Cost Survey is based on a basket of food designed to meet dietary needs of adult males and females (19 years and over), adolescents (11 to 18 years), school aged children (10 and 5 years) and preschool children and infants (4 and 1 years). In recent years food costs have been reported for five cities in New Zealand: Dunedin, Auckland, Wellington, Christchurch and Hamilton. However, from this year forward, Hamilton will no longer be included in the survey.

Most healthy families or individuals will meet their nutritional needs when spending the amount of money specified as the basic costs (Table 1). However, spending less than this amount increases the risk of not getting all the necessary nutrients. Many people will not lack energy or nutrients when spending less than this amount on food if they make careful management choices. However, the chances of consuming an inadequate diet increase as the amount spent to purchase food falls below the basic costs.

Please note food costs (2014-2016) are not directly comparable to previous years. The foods included in the survey were revised prior to 2014 data collection. In addition, the methods we use to calculate food costs and the amounts of food allocated to sex and age groups were updated for the 2014 survey.

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How the Estimated Family Food Costs are calculated

Amounts allocated to each food category

The Estimated Family Food Costs are calculated using specified amounts of food categories (e.g. meat, bread, eggs, fruit, etc.) needed for one week (Table 1). These amounts are based on the New Zealand Food and Nutrition Guidelines and will meet the nutritional needs of most healthy people [1-3]. While the food categories are the same for men, women and children, the amounts are appropriate for each age and sex group.

Table 1 Weekly amount of food allocated to each sex and age group (since 2014)

		Adult		Adolescent		School age child		Pre-school child	
Food category	**Unit**	**Man**	**Woman**	**Boy**	**Girl**	**10yr**	**5yr**	**4yr**	**1yr**
Meat & poultry	g	790	630	790	590	390	390	320	320
Fish	g	350	210	245	210	175	70	40	40
Eggs	ea	4	4	4	4	4	4	4	2
Cheese	g	210	210	210	210	210	210	100	70
Legumes	g	350	315	350	315	280	280	140	140
Milk & yoghurt	kg	2.1	2.1	2.9	2.9	2.5	2.5	2.3	1.5
Fruit	kg	1.2	1.2	1.6	1.2	1.2	0.9	0.7	0.6
Potato*	kg	1.1	0.6	1.1	0.6	0.6	0.4	0.4	0.2
Vegetables	kg	1.8	1.8	1.8	1.8	1.5	1.3	1.1	1.0
Bread	kg	1.3	0.8	1.4	0.8	0.7	0.5	0.4	0.2
Breakfast cereals	g	490	490	595	490	490	385	315	170
Other cereals†	g	995	835	995	835	625	435	320	270
Fats and oils	g	350	245	350	210	210	210	70	70
Spreads	g	210	105	210	105	105	105	105	105
Tea	g	35	35	35	35	0	0	0	0
Coffee	g	14	14	14	14	0	0	0	0
Milo/equivalent	g	70	70	70	90	70	70	35	35
Sugar	g	210	210	210	140	105	105	70	70
Biscuits and crackers‡	g	105	105	105	105	105	105	105	35
Pasta sauce	g	420	420	560	420	420	210	105	70
Tomato sauce	g	50	50	70	50	50	50	50	24

* Also includes kumara and taro
† Includes flour
‡ New foods for 2014

Collection of food prices

To estimate **Basic** food costs, the price of 150 food items are surveyed (Appendix A). These include the most commonly consumed fruits and vegetables; meat, fish and poultry; dairy; and cereals. The costs are calculated assuming mostly home preparation of meals and dishes, and that food is purchased from supermarkets (details in blue box below).

In 2014 we updated the food items to ensure that the foods to be priced were reflective of current consumer food choices. To choose which foods to add and remove, we used data from the most recent national nutrition survey [4]. The main changes were removal of some cuts of meat and inclusion of some convenience foods such as tomato-based pasta sauce and packaged biscuits. A full list of foods surveyed in 2016 is provided in Appendix A.

To complete the survey, University of Otago, Master of Dietetic students record food prices in four main cities – Auckland City, Wellington City, Christchurch and Dunedin. Within each city prices are recorded from four supermarkets. The supermarkets are selected on a 'through-put' basis (i.e. supermarkets with the greatest volume of sales) with equal representation from Foodstuffs NZ and Progressive Enterprises Ltd. to ensure good representation. Where possible, the same supermarkets are used each year to allow comparison of survey results. Food prices are collected in early March over a three-day period.

Shelf prices only are used (not specials/promotions). If more than one brand is available, then the lowest priced item (including in-house brands) is recorded. The package sizes surveyed are appropriate for a family of four. If the specified package size is not available, then the price and size for the next closest size is recorded. Some produce items such as broccoli and avocados are sold per item rather than weight. For these foods, five to six items are weighed and the average is used.

The Food Cost Survey:
Does not include take-away or restaurant foods or ready made meals and
Assumes some food preparation and cooking skills.

It does not account for:
Travel costs
Special dietary needs
Access to cooking and kitchen equipment
Spices and condiments

Calculation of food costs

The calculation of the **Basic** diet costs for each centre is completed as follows:

1. Prices and weights for each food item are entered into an Excel spreadsheet and the cost per gram or kg is calculated.
2. For each food category a weighted average of $ per gram or kilogram is calculated.

   Since 2014 we have used a weighted average (a simple average was used in previous years) to take into consideration the popularity of individual food items within each food category. For example, for the fruit category we know that bananas are more commonly consumed than strawberries. The use of a weighted average allows the average price for the fruit category to reflect this.
3. The weighted average of $ per gram or kg is multiplied by the weekly amounts of each food category allocated for each sex and age group (Table 1).
4. The cost of the food categories are summed to give the total cost of a Basic diet for each age and sex group.

The **Moderate** cost category allows for an increase in the variety of meats, fish, fruits and vegetables and the inclusion of some convenience foods. This category is calculated from the Basic cost by adding 30% to the Basic diet cost figure.

The **Liberal** cost category allows for the use of more convenience and imported foods, out of season fruits and vegetables, higher priced cuts of meat and some specialty foods. This is calculated by adding 20% to the Moderate diet cost figure.

Table 2 Example of Steps 3 & 4- Calculation of weekly Basic diet costs for an adult male

	Weighted average cost per gram or kilogram	Weekly grams of kilogram allocated	Calculation	Weekly Cost
Cheese	$0.01/g	210g	$0.01/g x 210g	$2.10
Fruit	$4.27/kg	1.2kg	$4.27/kg x 1.2kg	$5.12
Potatoes	$2.60/kg	1.1kg	$2.60/kg x 1.1kg	$2.86
Continues for other food groups …				
TOTAL			Sum of food categories	$64

Estimated Food Costs for 2016

Table 3 Estimated weekly food costs 2016

	Basic $	Moderate $	Liberal $
Auckland			
Man	64	83	100
Woman	55	71	85
Adolescent Boy	67	88	105
Adolescent Girl	55	72	86
10 yr old	47	61	74
5 yr old	40	52	63
4 yr old	31	40	48
1 yr old	27	35	42
Wellington			
Man	64	84	100
Woman	55	71	85
Adolescent Boy	68	88	105
Adolescent Girl	55	72	86
10 yr old	47	61	74
5 yr old	40	52	63
4 yr old	31	41	49
1 yr old	27	35	42
Christchurch			
Man	63	82	98
Woman	54	70	84
Adolescent Boy	66	86	103
Adolescent Girl	54	71	85
10 yr old	46	60	73
5 yr old	40	52	62
4 yr old	31	40	48
1 yr old	27	35	42
Dunedin			
Man	65	85	102
Woman	55	72	86
Adolescent Boy	69	89	107
Adolescent Girl	56	73	87
10 yr old	48	62	75
5 yr old	41	53	63
4 yr old	32	41	49
1 yr old	28	36	43

Table 4 Estimated weekly food costs for a Basic diet

	2016 $*	2015 $*	2014 $*†	2013 $	2012 $	2011 $	2010 $	2009 $	2008 $	2007 $
Auckland										
Man	64	69	68	64	66	65	64	61	54	53
Woman	55	59	58	61	63	61	61	58	51	50
Adolescent Boy	67	72	71	82	84	82	81	77	69	67
Adolescent Girl	55	59	59	68	70	68	68	64	57	56
10 yr old	47	51	50	53	54	53	54	50	45	43
5 yr old	40	44	42	36	37	36	36	34	30	29
4 yr old	31	34	33	34	34	34	34	32	28	28
1 yr old	27	29	31	29	29	28	29	27	25	23
Hamilton	‡		§							
Man	—	67	64	71	67	—	62	60	55	50
Woman	—	57	54	68	63	—	59	57	53	47
Adolescent Boy	—	70	67	89	83	—	79	76	71	62
Adolescent Girl	—	58	55	74	69	—	65	63	59	52
10 yr old	—	50	47	57	52	—	52	50	47	40
5 yr old	—	42	40	40	35	—	34	33	31	27
4 yr old	—	33	31	37	33	—	32	31	29	25
1 yr old	—	29	31	29	28	—	28	27	26	21
Wellington										
Man	64	68	69	70	68	65	64	61	58	52
Woman	55	58	59	66	64	61	60	58	55	49
Adolescent Boy	68	71	72	89	85	82	81	77	73	65
Adolescent Girl	55	59	60	74	71	68	67	64	61	54
10 yr old	47	50	51	58	57	52	53	50	48	41
5 yr old	40	43	44	39	37	35	35	34	32	28
4 yr old	31	34	34	36	35	33	33	31	30	26
1 yr old	27	29	27	31	31	28	28	27	26	22
Christchurch						**				
Man	63	68	71	68	66	—	62	61	54	52
Woman	54	58	61	64	62	—	58	57	51	49
Adolescent Boy	66	71	75	86	83	—	78	77	68	65
Adolescent Girl	54	59	62	71	69	—	65	64	57	54
10 yr old	46	51	53	56	55	—	52	51	46	43
5 yr old	40	44	46	38	36	—	34	34	30	29
4 yr old	31	34	36	36	34	—	32	32	29	27
1 yr old	27	30	28	31	30	—	28	28	25	23
Dunedin							††			
Man	65	66	67	68	67	62	60	59	54	50
Woman	55	56	57	64	63	58	57	56	52	47
Adolescent Boy	69	69	70	86	84	78	77	75	68	63
Adolescent Girl	56	57	58	71	70	65	64	62	57	52
10 yr old	48	49	50	56	55	51	50	49	45	40
5 yr old	41	42	43	37	37	34	33	33	30	27
4 yr old	32	33	34	35	35	32	31	31	28	26
1 yr old	28	28	27	30	30	27	27	27	25	21

* Food costs are not comparable to previous years because the foods included and methods used to calculate food costs have been revised.
† Data for 1 year olds have been re-calculated allowing for a correction to the data as released in 2014.
‡ Hamilton data will no longer be collected.
§ Should be interpreted with caution as only two supermarkets were surveyed.
** No data available for 2011.
†† Data for 2010 have been re-calculated allowing for a correction to the data as released in 2010.

Table 5 Estimated weekly food costs for a Moderate diet

	2016 $*	2015 $*	2014 $*†	2013 $	2012 $	2011 $	2010 $	2009 $	2008 $	2007 $
Auckland										
Man	83	89	88	84	86	85	83	79	70	70
Woman	71	76	75	79	81	79	79	75	67	66
Adolescent Boy	88	94	92	107	109	107	106	100	89	88
Adolescent Girl	72	77	77	89	91	88	88	83	74	73
10 yr old	61	66	65	69	70	69	70	65	59	56
5 yr old	52	57	55	47	47	47	47	44	39	38
4 yr old	40	44	43	44	44	44	44	41	37	36
1 yr old	35	38	40	38	38	36	38	35	32	30
Hamilton	‡		§							
Man	—	87	83	92	87	—	80	78	72	65
Woman	—	74	70	88	82	—	76	74	69	61
Adolescent Boy	—	91	87	115	108	—	102	99	92	81
Adolescent Girl	—	75	72	97	90	—	85	82	76	67
10 yr old	—	64	61	74	68	—	67	65	60	52
5 yr old	—	55	52	52	46	—	45	43	41	35
4 yr old	—	43	40	48	43	—	42	41	38	33
1 yr old	—	37	40	38	36	—	37	35	33	27
Wellington										
Man	84	88	90	91	88	85	83	80	76	58
Woman	71	75	77	86	83	79	78	75	72	64
Adolescent Boy	88	93	94	115	111	106	105	101	95	84
Adolescent Girl	72	76	78	96	93	88	87	83	80	70
10 yr old	61	65	66	75	74	68	68	65	62	54
5 yr old	52	56	57	50	49	46	46	44	42	37
4 yr old	41	44	44	47	46	43	43	41	39	34
1 yr old	35	37	35	41	40	36	37	35	34	28
Christchurch						**				
Man	82	89	92	88	86	—	80	79	70	68
Woman	70	76	79	83	81	—	76	75	67	64
Adolescent Boy	86	93	98	112	108	—	102	100	89	85
Adolescent Girl	71	77	81	93	90	—	85	84	75	71
10 yr old	60	66	69	73	71	—	67	67	60	55
5 yr old	52	57	60	49	47	—	45	44	40	37
4 yr old	40	44	47	46	45	—	42	41	37	35
1 yr old	35	38	36	40	38	—	37	36	33	30
Dunedin							††			
Man	85	85	87	89	87	81	78	77	71	65
Woman	72	73	74	84	81	76	74	73	67	62
Adolescent Boy	89	90	91	111	110	101	100	97	89	82
Adolescent Girl	73	74	75	93	91	84	83	81	74	68
10 yr old	62	64	65	73	72	66	65	64	59	53
5 yr old	53	55	56	48	48	44	43	43	39	35
4 yr old	41	43	44	46	45	41	41	40	37	33
1 yr old	36	37	35	39	39	35	35	35	32	28

* Food costs are not comparable to previous years because the foods included and methods used to calculate food costs have been revised.
† Data for 2014 have been re-calculated allowing for a correction to the data as released in 2014.
‡ Hamilton data will no longer be collected.
§ Should be interpreted with caution as only two supermarkets were surveyed.
** No data available for 2011.
†† Data for 2010 have been re-calculated allowing for a correction to the data as released in 2010.

Table 6 Estimated weekly food costs for a Liberal diet

	2016 $*	2015 $*	2014 $*†	2013 $	2012 $	2011 $	2010 $	2009 $	2008 $	2007 $
Auckland										
Man	100	107	106	100	103	102	99	95	84	83
Woman	85	92	90	95	98	95	94	90	80	79
Adolescent Boy	105	113	111	128	131	128	127	120	107	105
Adolescent Girl	86	93	92	106	109	106	106	100	89	87
10 yr old	74	79	78	83	84	83	84	78	71	68
5 yr old	63	68	66	56	57	57	56	52	47	46
4 yr old	48	53	51	53	53	53	52	49	44	43
1 yr old	42	46	48	45	45	44	46	42	39	36
Hamilton	‡		§							
Man	—	104	100	111	105	—	96	94	87	78
Woman	—	89	84	106	98	—	92	89	82	74
Adolescent Boy	—	109	105	138	130	—	122	119	111	97
Adolescent Girl	—	90	86	116	108	—	102	99	92	81
10 yr old	—	77	73	89	81	—	81	78	73	62
5 yr old	—	66	62	62	55	—	54	52	49	42
4 yr old	—	52	48	57	52	—	50	49	46	40
1 yr old	—	44	48	46	43	—	44	42	40	33
Wellington										
Man	100	106	108	109	105	101	100	96	91	81
Woman	85	90	92	103	100	95	94	90	86	76
Adolescent Boy	105	111	112	138	133	128	126	121	114	101
Adolescent Girl	86	92	94	115	111	106	105	100	96	84
10 yr old	74	79	80	90	88	82	82	78	75	64
5 yr old	63	68	69	60	58	55	55	52	50	44
4 yr old	49	53	53	57	55	52	52	49	47	41
1 yr old	42	45	42	49	48	43	44	42	40	34
Christchurch						**				
Man	98	107	111	106	103	—	96	95	84	81
Woman	84	91	95	100	97	—	91	90	80	77
Adolescent Boy	103	111	117	135	129	—	122	120	107	102
Adolescent Girl	85	92	97	111	108	—	102	101	90	85
10 yr old	73	79	83	88	85	—	81	80	72	66
5 yr old	62	68	72	59	57	—	54	53	48	45
4 yr old	48	53	56	56	53	—	51	50	45	42
1 yr old	42	46	44	48	46	—	44	44	39	35
Dunedin							††			
Man	102	102	105	106	104	97	94	92	85	78
Woman	86	88	89	100	98	91	89	87	80	74
Adolescent Boy	107	108	109	134	132	122	119	117	106	98
Adolescent Girl	87	89	90	111	109	101	99	97	89	81
10 yr old	75	76	78	88	86	79	78	77	71	63
5 yr old	63	66	67	58	57	53	52	51	47	43
4 yr old	49	51	53	55	54	50	49	48	44	40
1 yr old	43	44	42	46	47	42	42	42	38	33

* Food costs are not comparable to previous years because the foods included and methods used to calculate food costs have been revised.
† Data for 2014 have been re-calculated allowing for a correction to the data as released in 2014.
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** No data available for 2011.
†† Data for 2010 have been re-calculated allowing for a correction to the data as released in 2010.

Notes for 2016 data

In 2016 the highest food costs were for adolescent boys, similar to previous years. This is because of their higher energy needs and nutrient requirements. Food costs for women, adolescent boys and girls and children (10 years) have been lower since 2013, but this is *not* because of a decrease in food prices but a reflection of revisions made to the Food Cost Survey methods.

A wide variety of foods are surveyed to calculate the cost of a Basic diet. Within each food category some foods are more expensive than others. The food costs for the Moderate and Liberal diets are calculated from the Basic diet. The Moderate and Liberal diets are assumed to contain a higher proportion of expensive foods, a greater variety of foods and some out of season fruit and vegetables. Below are some examples of foods that might be included in greater amounts in these diets as compared to the Basic diet. Fruit and vegetable prices will vary with season. Some fruit and vegetables are very cheap in season so these suggestions are not always applicable.

Basic	Moderate	Liberal
Fruit		
Apples, bananas, pears	Oranges, canned fruit, nectarines, peaches	Strawberries, feijoas, apricots, fresh and frozen berries
Vegetables		
Carrots, pumpkin, cabbage, onions	Mushrooms, tomatoes, cauliflower, broccoli	Spinach, avocado, courgettes
Meat and Poultry		
Chicken pieces (drumsticks, frozen pieces), sausages, corned silverside, mince	Chicken thighs, ham, pork chops, beef stewing cuts	Lamb steaks, salami, porterhouse steak, rump steak, pork diced pieces, chicken breast
Fish		
Canned fish, whole fish, frozen crumbed fillets, red cod, hoki, monk, trevally	Sole, terakihi, gurnard	Blue cod, salmon, snapper
Breakfast cereals		
Rolled oats, cornflakes, rice bubbles, wheat biscuits	Muesli, extruded cereals (e.g Nutrigrain, Cheerios)	Bircher Muesli, toasted muesli with fruit and nuts
Cheese		
Cheddar- tasty, edam, colby, mild	Processed cheese slices, cottage cheese, cream cheese	Parmesan, mozzarella, specialty cheeses (e.g. brie, feta)
Bread		
Sliced packaged bread- wholemeal, white	Sliced packaged multigrain varieties, fruit bread, bread rolls, hamburger buns	Pita pockets, wraps, specialty breads (e.g. focaccia, ciabatta), bagels

Food shopping suggestions

Here are some suggestions of practices that can help to keep food costs down:

- Where possible (i.e. time, facilities and skill levels exist) make food from basic ingredients.
- Buy a whole chicken rather than boned chicken meat or portions. These can be cut into portions for cooking or freezing a specific amount, or it can be cooked whole and the meat removed from the bone.
- Fish fillets are often cheaper to buy than whole fish because of the proportion of waste that they contain. Canned fish is often an excellent fish option.
- Leaner cuts of meat may be better value for money if cheaper cuts have a higher fat content, which may be discarded.
- Dry goods can be bought from bulk bins and are sometimes cheaper than buying packaged products. However do check against a packaged product.

It is a good idea to take a calculator shopping to check which product is the cheapest on a unit weight basis.

Often savings can be made by buying house brands (e.g., Pams, Homebrand, Budget) in particular for basic foods such as flour, sugar, milk.

Frozen or canned foods (e.g., vegetables) can often be as nutritious, and cheaper and easier to store, than fresh foods

The estimated costs of non-food items

There have been many requests to include the cost of non-food items because many of them are usually purchased at a supermarket and paid for as part of the 'grocery' bill.

The costs for non-food items are calculated from the 2013 Household Economic Survey* (previously reported as the Consumer Expenditure Statistics) produced by Statistics New Zealand. The average weekly household expenditure* on 'personal care' and 'cleaning products' and 'other household supplies' are summed as an estimate of spending on non-food items.

> *Personal care* includes hairdressing and personal grooming 'appliances, articles and products for personal care'; 'articles for personal hygiene'; 'beauty products, perfumes, and deodorants'; and 'other personal care products'.

Estimated weekly costs per household on non-food items is $21.30.

* *2013 Household Economic Survey.* Statistics New Zealand Te Tari Tatau, Wellington New Zealand. This survey is undertaken every three years.

References

1. Ministry of Health (2015) *Eating and Activity Guidelines for New Zealand Adults*. 1–75. Wellington: Ministry of Health.

2. National Health and Medical Research Council & Ministry of Health (2006) *Nutrient Reference Values for Australia and New Zealand Including Recommended Dietary Intakes*. 1–317. Canberra, Wellington: NHMRC, Ministry of Health.

3. Ministry of Health (2012) *Food and Nutrition Guidelines for Healthy Children and Young People (Aged 2-18 years)*. 1–246. Ministry of Health.

4. University of Otago, & Ministry of Health (2011) *A Focus on Nutrition: Key findings of the 2008/09 New Zealand Adult Nutrition Survey*. 1–359. Wellington: Ministry of Health.

Appendix 1 List of foods and package sizes surveyed in 2016

Food Item	Unit Size Priced
Fruit, fresh	
Bananas	per/kg
Apples	per/kg
Oranges	per/kg
Mandarins	per/kg
Pears	per/kg
Kiwifruit	per/kg
Grapes*	per/kg
Nectarines	per/kg
Lemons	per/kg
Peaches	per/kg
Plums	per/kg
Strawberries	per/kg
Watermelon	per/kg
Feijoas	per/kg
Apricots	per/kg
Pineapple	per/kg
Fruit, canned	± 20g
Peach, canned in juice	410g
Fruit salad, canned in juice	410g
Pineapple, canned in juice	425
Apricot, canned in juice	410g
Pear, canned in juice	410g
Fruit juice	3L
Vegetables, fresh	
Tomatoes	per/kg
Onions	per/kg
Lettuce	per/kg
Carrots	per/kg
Broccoli	per/kg
Pumpkin	per/kg
Cucumber	per/kg
Pepper/capsicum	per/kg
Cabbage	per/kg
Mushrooms	per/kg
Cauliflower	per/kg
Silverbeet	per/kg
Avocado	per/kg
Spinach*	per/kg
Courgettes/zucchini	per/kg
Celery	per/kg
Vegetables, canned	± 20g
Tomato, canned	400g
Beetroot, canned	425g
Vegetables, frozen	
Vegetables, peas, carrot, corn mix, frozen	1kg
Green beans, frozen	1kg
Peas, frozen	1kg
Vegetables, chunky mix, frozen*	1kg
Corn, frozen	1kg

Food Item	Unit Size Priced
Potatoes	
Potatoes	1kg and 5kg bag
Kumara	per/kg
Fries, frozen, NHF Tick	1kg
Taro*	per/kg
Meat and poultry	
Chicken breast (skin on)	per/kg
Beef mince	per/kg
Chicken whole, frozen*	size 14
Chicken drumsticks*	per/kg
Chicken thighs	per/kg
Bacon, vacuum packed	per/kg
Beef, rump steak	per/kg
Beef, corned silverside	per/kg
Beef schnitzel (uncrumbed)	per/kg
Beef sausages	per/kg
Chicken wings*	per/kg
Ham, vacuum packed	per/kg
Ham, shaved deli*	per/kg
Beef, porterhouse steak	per/kg
Sausages, mixed meat*	per/kg
Pork pieces	per/kg
Beef blade/chuck steak	per/kg
Lamb shoulder chops	per/kg
Chicken pieces, frozen	per/kg
Beef topside roast	per/kg
Lamb leg roast	per/kg
Chicken leg and thigh*	per/kg
Lamb steak	per/kg
Luncheon meat	per/kg
Pork sausages*	per/kg
Chicken nibbles	per/kg
Pork shoulder roast	per/kg
Salami	per/kg
Pork, deli slices	per/kg
Pork leg roast	per/kg
Pork loin chops	per/kg
Pork shoulder chops	per/kg
Fish	
Tuna, canned	185g
Salmon, canned	210g
Fish fillets, frozen crumbed*	450g
Fish fillets, middle priced	per/kg
Fish fillets, bottom priced	per/kg
Fish fillets, top priced	per/kg
Legumes	± 20g
Baked beans, canned	410g
Kidney beans, canned	415g
Bean mix, canned	415g
Chickpeas, canned	415g
Lentils, red, dried	per/100g
Dry legume mix for soup	per/100g
Peanuts, unsalted	per/100g

Breakfast cereals	± 20g
Wheat biscuits	750g
Muesli, untoasted	1kg
Cornflakes	500g
Rolled oats	1500g
Rice bubbles	500g
Spreads	**± 20g**
Jam	375g
Vegemite/equivalent	250g
Peanut butter	380g
Honey	500g
Marmalade	375g
Tea, coffee, milo	
Teabags	100 bags
Tea leaves	per 100g
Instant coffee	100g
Milo/equivalent	300g
Drinking chocolate	400g
Sugar	
White sugar	1.5kg
Brown sugar	500g
Other cereals	**± 20g**
White rice, long grain	1kg
Dried pasta	500g
Dried spaghetti	500g
Noodles, instant	5 pack
Noodles, plain egg, dried	375g
Canned spaghetti	410g
White flour	1.5kg
Wholemeal flour	1.5kg
Dried lasagne	box
Brown rice	1kg
Eggs	**a dozen**
Fats and oils	
Monounsaturated margarine	500g
Butter	500g
Monounsaturated margarine, reduced fat	500g
Vegetable oil	2L
Olive oil	500ml
Polyunsaturated margarine	500g
Cheese	
Edam	1kg
Colby	1kg
Tasty	1kg
Mild	1kg
Processed cheese	12 slices
Milk	
Blue	1L & 2L
Green	1L & 2L
Yoghurt	
Yoghurt, plain	1kg
Yoghurt, flavoured	6 x 125-150ml

Bread	
White toast slice	600-700g
Wholemeal toast slice	600-700g
Multigrain toast slice	600-700g
Bread rolls, white	6 pack
White sandwich slice	600-700g
Wholemeal sandwich slice	600-700g
Multigrain sandwich slice	600-700g
Other foods	**± 20g**
Tomato-based pasta sauce*	575g
Tomato sauce*	420g
Biscuits, plain*	250g
Crackers, plain water*	125g
Infant formula (>12 months), powder	900g